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Guiadance For Fasting Muslims

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In the name of Allah

Most Gracious, Most Merciful

Praise be to Allah, the Lord of the universe and peace be upon the master of the Apostles, his family and companions.

Here are some important ruling about Siyam or Fasting which every Muslim should know:

What Is Fasting?

Siyam (fasting) is worshipping Allah by abstaining from food, drinking and sex from dawn to sunset .

The Importance Of Fasting:

Fasting in the month of Ramadan is one of the pillars of Islam. The Prophet- peace be upon him- said:

"بني الإسلام على خمس: شهادة أن لا إله إلا ا لله
وأن محمَّداً رسول ا لله، وإقام الصلاة، وإيتاء
الزكاة، وحجّ البيت، وصوم رمضان"

"Islam is built on five pillars:

1) **giving testimony that there is no god but Allah and Muhammad (peace be upon him) is the messenger of Allah.**
2) **To offer the prayers dutifully and perfectly.**
3) **To pay Zakat (obligatory charity).**
4) **To perform Hajj (pilgrimage) to Makkah.**
5) **To observe fast during the month of Ramadan."**

Rulings On Fasting:

1) **Fasting is obligatory for all adult conscious and able Muslim male or female resident in his own area (not**

in travel).

2) The unbeliever does not fast. If he gets the guidance of Heaven to the true religion of God and embraces Islam he does not require to make up past days of fasting.

3) Fasting is not obligatory for small (immature) child, but he should be ordered to fast to habituate himself to it.

4) Mentally disordered one is not obliged to fast. He is not obliged to compensate it by feeding even he is a matured one.

5) The people who are permanently unable to fast such as aged persons and those who are suffering serious ailment with no hope of recovery are required to feed a poor instead of a fast.

6) The sick person who is expecting recovery may break his fast if fasting is difficult for him. He has to make up after his recovery.

7) Pregnant woman and breast feeding mother are allowed to break their fast In Ramadan if that is difficult for them or if they fear on their children. They have to make up for the missed days later.

8) The menstruous woman and woman in post-natal bleeding are not allowed to fast during their periods. They are obliged to make up for missed days later.

9) The traveler may either fast or break it and make up for the missed days later. Whether the journey is temporary such as traveling for Umra or it is permanent such as

traveling of a taxi or truck driver the traveler is allowed to fast or break it while he is outside his own locality.

Matters Do Not Spoil Fast:

If a fasting person eats or drinks unintentionally or ignorantly or is forced to do so his fasting does not spoil. Allah the Almighty says in The Holy Quran (chapter 2: 286)

﴿ربَّنا لا تُؤاخِذْنا إنْ نسِيْنا أو أخْطَأْنا﴾

"Pray, Our lord! Condemn us not if we forget or fall into error."

He also says in The Holy Quran (chapter 16: 106)

﴿إلا مَنْ أُكْرِهَ وقَلْبُهُ مُطْمَئِنٌّ بالإيْمان﴾

"Except that who is compelled to do so while his heart is firm in faith."

In Chapter 33: 5 He says:

﴿وليس عليكم جناح فيما أخطأتم به ولكن ما تعمدت قلوبكم﴾

"There is no blame on you if you make a mistake therein, except in regard to what your hearts deliberately intend."

So if someone eats or drinks unintentionally his fasting does not spoil. If he eats or drinks thinking that the night has started by sunset or thinking that dawn still not started his fasting does not spoil. If water enters in ones throat unintentionally while he rinses out his mouth his fasting does not spoil. similarly having a wet dream during fasting does not spoil fasting, as it happens without intention.

What Spoils Fast:

Fasting is spoiled by the following eight things:

1) Sexual intercourse. If a fasting person whose fasting is obligatory has sexual intercourse during day time of Ramadan he have to make up for this day and to offers atonement i.e., he is required to set free a slave. if unable to do so he has to fast two month consecutively. If unable to do so he has to feed sixty poor persons.

2) Intentional ejaculation of sperm by any means such as masturbation, kissing or embracing.

3) Eating and drinking either it is useful or harmful such as smoking.

4) Using injection for nutrition, for it is

similar to eating and drinking. Other injections do not break the fast.

5) **Injection of blood: If a fasting person suffers from hemorrhage and injected blood to recover his fasting will spoil.**

6) **Menstruation or post-natal bleeding.**

7) **Releasing blood by cupping. Fasting does not spoil if blood comes out by itself such as bleeding through nasal hemorrhage or bleeding after pulling out tooth.**

8) **Vomiting deliberately. Unintentional vomiting does not spoil the fasting.**

Some Valuable Information:

1) **A person may make his intention of fasting while he is in a state of major ritual impurity. Then he can take**

bath after dawn.

2) **If menstruation or post-natal bleeding stops during the night, the woman must make her intention for fasting the following day. She may delay ghusl (full bath) until the morning, but she must perform ghusl before the morning prayer.**

3) **The fasting person may pull out his/her tooth, treat his/her injury or apply eye drops or ear drops. His fasting does not spoil even if he gets test of the drop in his throat.**

4) **The fasting person may clean his teeth by using stick (miswak) or brush. it is sunnah (recommended) for him throughout the day, either in morning or in afternoon.**

5) **The fasting person may do what eases the difficulty of hot weather or**

thirsty. He may use water or air-conditioning to make cool his body.

6) The fasting person is allowed to spray something in his mouth to ease or relieve difficulty of breathing occupying from stress or anything else.

7) It is allowed to rinse the mouth and nose or wet the dried lips by water. It is disliked to exaggerate (that is, use a lot of water and put the water deep into the mouth or nose) while fasting.

8) It is sunnah for the fasting person to break his fast immediately after sunset without delay.

9) It is sunnah for the fasting person to do much of ta'at or good acts and avoid all kind of prohibited acts.

10) Fasting person should observe all type of obligatory tasks. He should keep away from prohibited matters. He should perform five times prayers in due time in congregation. He should avoid all type of prohibited or disliked things, such as back biting, telling of lie, cheating or taking interest. The prophet (peace be upon him) said:

"مَنْ لَمْ يَدَعْ قَوْلَ الزُّورِ والعَمَلَ به فَلَيْسَ لله حاجةٌ في أن يَدَعَ طعامَهُ وشَرَابَهُ"

"Whoever does not give up telling lies, giving false statements and all types of bad or evil action Allah is not in need of his leaving food and drink (i.e., his fasting is not accepted to Allah)."

What Is Zakat Ul- Fitr?

Zakat Ul-Fitr is an obligatory charity which every capable Muslim should pay for himself and for every member of his family at the end of the Month of Ramadan, before the Eid prayer.

The Importance Of Zakat Ul- Fitr:

Al-Bukhari and Muslim relate that Abdullah Bin Omar (may Allah be pleased with him) said:

"فَرَضَ رَسُولُ ا لله ﷺ زكاةَ الفِطْرِ صَاعاً مـن تَمْـرٍ، أو صَاعاً من شَعِيْرٍ عَلى الحُـرِّ والعَبْـدِ، والذَّكَـرِ والأُنْثَـى، والصَغِيْرِ والكَبِيْرِ من المسلمين، وأنْ تُؤَدَّى قَبْلَ خُرُوجِ النَّاسِ إلى الصَّلاةِ"

"The Prophet (peace be upon him) enjoined the payment of one Sa' (about

three kilograms) of dates or one Sa' of barley as Zakat Ul-Fitr on every Muslim, young and old, male and female, free and slave. It should be paid before proceeding for Eid Prayer."

Payment of Zakat Ul-Fitr is obligatory for every Muslim possesses one Sa' (three kilograms) of dates or barley or similar food items which is not needed as a basic food for himself or his family during 24 hours of Eid day. Such a Muslim must pay it for himself and for every members of his family. It is better for the members of the family to pay for themselves if they are able to do so. It may be paid on behalf of the child in the mothers womb, but that is not obligatory. Osman Bin Affan (may Allah be pleased with him) used to pay Zakat

Ul-Fitr on behalf of the child in the womb.

The Purpose Of Zakat Ul-Fitr:

Its purpose is to purify the fasting person from any indecent act or speech and to help the Poor and Needy. Ibn Umar (may Allah be pleased with them) said:

"فَرَضَ رَسُولُ ا الله ﷺ زَكَاةَ الفِطْرِ طُهْـرَةً للصَّـائِمِ مِـنَ اللَّغْوِ والرَّفَثِ، وطُعْمَةً للمَساكِيْنِ"

"The Messenger of Allah- peace be upon him- enjoined Zakat Ul-Fitr on fasting Muslim to purify them from any indecent act or speech and for the purpose of providing food for the Needy." This hadith is reported by Abu Daud, Ibn Majah, Darakutni and Hakim.

The Required Amount:

The Required amount of Zakat Ul-Fitr is one Sa' (about three Kilograms) of wheat, barely, raisin, dry cottage cheese, rice, corn or similar items considered as basic food of the people in the country. It is not accepted to pay cloths, furniture, or anything other than what is considers as basic food of the people. It is not acceptable to pay an equivalent value. This will be violation of the instructions of the Holy Prophet, peace be upon him.

To Whom It To Be Given:

It should be distributed among the poor and needy of the country where the Muslim is residing at the time of its payment. If he does not know needy persons there he may pay

it to the poor and needy in any other place.

The Time Of Payment:

It is due at the sunset of the night preceding the Eid day, i.e. at the end of the last day of Ramadan. It is preferable to pay it at the morning of Eid day, before performing Eid prayer, as mentioned in the hadith of Abdullah Bin Umar. It is permissible to pay it a day or two before Eid. Nafi reports:

"وكان ابن عمر ﷺ يعْطِي عن الصَّغِيْرِ والكَبِيرِ، حتى إنْ كان لَيُعْطِي عنْ بَنِيَّ. وكان ابن عمر يعطِيها الذين يقْبَلون، وكانوا يُعْطَوْنَ قبلَ الفِطْرِ بيَوْمٍ أو يَوْمَيْنِ"

"Abdullah Bin Umar used to pay Zakat Ul-Fitr on behalf of all, young and old, even he used to pay it on behalf of my (Nafi's) children. He used

to pay it to those who desired to accept it. It was distributed among them a day or two before Eid." This hadith is reported by Al-Bukhari.

It is not permissible to delay the payment of Zakat Ul-Fitr to pay it after Eid prayer without an acceptable excuse. So if a person has known the news of Eid lately, or he/she is in a place where nobody is accepting Zakat Ul-Fitr he may pay it later. If a Muslim delays its payment without such an excuse his payment is not acceptable as Zakat Ul-Fitr, but it is considered as an ordinary Sadaqah. He must pay it, but he will not get the special reward of Zakat Ul- Fitr. The Prophet- peace be upon him- said:

"مَنْ أَدّاها قَبْلَ الصلاةِ فهِيَ زَكاةٌ مَقْبُولــةٌ، ومَــنْ أدّاهـا بعْدَ الصَّلاة فهي صَدَقَةٌ مِنَ الصَّدَقات"

"If one pays Zakat Ul-Fitr before the Salat (Eid prayer) it is considered an accepted Zakah. If he pays it after the Salah (Eid prayer) it is considered an ordinary Sadaqah". This hadith is reported by Abu Daud, Nasaee, and Ibn Majah.

Some Rullings On Zakat Ul-Fitr:

It is permissible to distribute Zakat Ul-Fitr of one person among a few poor persons, or to give Zakat Ul-Fitr of more than one person to one poor person. Zakat Ul-Fitr of a few persons may be put in a vessel and then distributed among the poor without weighting or measuring.

It is not permissible to pay bad things as Zakat Ul-Fitr. Allah the Almighty says:

﴿يا أَيُّها الذين آمنوا أَنْفِقوا مِنَ طَيِّبات ما كَسَبْتُمْ ومما

أخْرجْنا لكُمْ مِنَ الأرضِ، ولا تَيَمَّمُوا الخَبِيْثَ منْهُ تُنْفِقُون ولَسْتُمْ بآخِذِيْهِ إلاّ أنْ تُغْمِضُوا فيه، واعْلَمُوا أنَّ الله غَنِيٌّ حَمِيْدٌ﴾

"O ye who believe, Give of the good things which ye have (honorably) earned, and of the fruits of earth which we have produced for you. And do not aim at anything which is bad, out of it ye may give away something, when ye yourselves would not receive it except with closed eyes. And know that Allah is Free of all wants and Worthy of all praise". The Holy Quran, Chapter 2, Verse 267.

Praise be to Allah and peace be upon the master of the messengers, his family and companions.

توجيهات للصائمين

لفضيلة الشيخ/

محمد بن صالح العثيمين

ترجمه إلى الإنجليزية:

خوندكار أبو نصر محمد عبد الله

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